

ABOUT **jb** CONSULTING AND PSYCHOLOGY

Since 2009, Josephine from **jb Consulting and Psychology** has worked with children, adolescents, adults and families to improve their mental health, behaviour, learning, social and emotional competence, ability to function better in life, and self-esteem. She has also helped clients heal from trauma and to live a fulfilling, happier life.

jb Consulting and Psychology also provides quality and professional services to improve client's ability to cope with challenging life situations, cope with changes in life, depression, interpersonal problems, trauma, ADHD, autism, and parenting skills.

jb Consulting and Psychology is committed to teaching and consulting staff at educational centres including childcare facilities for staff's ability to become trauma-informed and map services to the National Quality Standards and other frameworks to improve ratings and quality of care.



FURTHER INFORMATION

For more information or to
make an appointment

Contact Josephine

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Visit us on

www.jbconsultingandpsychology.com



Quality Care

Specialised Services

Understanding Your Needs

Personalised Service



jb Consulting and Psychology

Trauma-informed Care



Professional Counselling,
Consulting & Education

Children, Adolescents, Youth,
Families, Educational Centres
such as Childcare and Schools

Range of Support ✨ Reliable ✨ Quality

Proven Process

Program Focused

- ✓ Education through workshops
- ✓ Improve quality care
- ✓ Improve the relationship between families, community and the centre
- ✓ Map trauma-informed care to National Quality Standards and other frameworks
- Update quality improvement plan, policies and procedures to include trauma-informed practices

Workplace Consulting

- ✓ Identify strengths and weakness of program and environment to maximise children's learning, behaviour and mental health
- ✓ Provide recommendations and implement changes
- ✓ Guidance during program planning to build inclusive strategies for all children in collaboration with families

Education

- ✓ Workshops about childhood trauma and becoming trauma-informed
- ✓ Workshop to teach practical approaches on improving behavior, mental health and learning
- ✓ Workshops can be designed to meet your needs
- ✓ Workshops available after hours and during the day
- ✓ Education also through staff mentoring and coaching sessions

Child and Family Focused

- ✓ Observation of the child to understand function of behaviour
- ✓ Help families learn how to improve children's mental health, learning and behavior and become trauma-informed
- ✓ Connecting family to the community resources

Based on Research

- ✓ To ensure all work is based on research to provide an evidence-based approach.

Innovation and Lasting Results

- ✓ Ensure that collaborative work practices together with a person-centred and systems approach for both client and staff is supported.

Work with You as a Team

- ✓ To understand your needs and deliver a strategy that will bring out the best.
- ✓ To use principles that treat each situation as unique to ensure your needs are met.
- ✓ To map work to standards and framework and improve ratings and use to measure outcomes
- ✓ To work in partnership with other service providers to ensure all your needs are met.
- ✓ Use a strength-based approach
- ✓ To improve educator's and teacher's confidence to manage concerning behaviour and respond to parent's concerns
- ✓ Strategies to inform program planning